

Recommendations for Workers Involved In Repetitive Activities

(Adapted from <http://www.newportpain.com>)

- ☑ Stop smoking and chewing and all use/abuse of nicotine
- ☑ Drink adequate amounts of water
- ☑ Avoid (minimize) caffeine products (coffee, tea, chocolate, sodas)
- ☑ Avoid alcohol and illicit drugs
- ☑ Avoid unnecessary bending, stooping, twisting, reaching, and lifting
- ☑ Alternate hands when/where possible during task performance
- ☑ Avoid gripping hand tools too tightly. Let the tool do the work; choose tools that fit your hands
- ☑ If your job requires repetition, take frequent breaks and alternate activities (e.g. stop typing and go make copies)
- ☑ Take advantage of all adjustable aspects of your work station to create the best fit
- ☑ Use a good bed and mattress and a properly supporting pillow (talk to your healthcare provider).
- ☑ Avoid stomach sleeping and avoid sleeping with your hand(s) under your neck or head.
- ☑ Consume a diet that ensures adequate amounts of calcium; magnesium; potassium; and vitamins B, C, D, and E. Avoid fluid retention by avoiding excessive salt (table salt and salty foods) and increase potassium-rich foods such as bananas, orange juice, and squash. (Call the licensed Registered Dietitian at the Wellness Center; 667-7166).
- ☑ Normalize your body weight (Call the Wellness Center for Assessment/Consultation; 667-7166)
- ☑ Avoid (minimize) stressful relationships and situations (Call Employee Assistance Program; 667-7339)
- ☑ **Immediately** report any signs of upper-extremity overuse disorder to your supervisor and healthcare provider such as pain, weakness, stiffness or numbness in your upper extremities (Report all work-related injuries/illnesses to supervisor and ESH-2)